

(1990-2011) TMI Focus HEMI-LYNC Compilations

Hemi-Lync: Making Global Connections was a bulletin board that appeared regularly in the TMI Focus from 1992-2007. It was designed to connect readers with people, events, and publications around the world that had something to share about Hemi-Sync and The Monroe Institute.

Magazines (1992-4)

Cambridgeshire Pride, out of Cambridge, England, published an article in their May 1992 issue called "Sleep, Surgery, and . . . Success: The Monroe Effect," by Professional Division member Ronald Russell, giving an overview of TMI and HemiSync research and application.

Successful Meetings carried an article titled "Snooze Helpers" in the May 1992 issue touting *Catnapper* and other Hemi-Sync tapes as antidotes to mental fatigue, insomnia, and jet lag.

Magazines (1993-1)

Productivity S.A., a slick South African bimonthly subtitled "excellence in management," published an article on Hemi-Sync, including color topographs from our Brainmapping Project, in its May/June 1992 issue (Vol. 18, No. 2) called "Fine-Tuning the Mind." Author Pierre Roxburgh, director of technology for the Foundation for Human Advancement, begins with "A powerful technology reaches our shores, one which holds promise for managers, for schoolchildren and students, for corporations, and invalids. "

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Magazines (1993-2)

American Dowser, Vol. 32, No. 4, Fall 1992. "What's It All About, Bob?" an article by Arthur Myers, contains an overview of TMI, Hemi-Sync, and the *GATEWAY VOYAGE*.

Natural Health Magazine, January/ February 1993. The cover story, "What Is the Truth About Psychic Healing?" by Frederick Levine, showcase the work of three healers, including Leonard Laskow, MD, who was brain mapped at TMI during a healing session. TMI is described in a positive light, and Skip Atwater, TMI Brainmapping Project coordinator, is quoted extensively about our research.

New Frontiers, Fall-Winter 1992-93. The article called "Monroe Institute" by Art Myers is a slightly edited version of his story published in the *American Dowser*.

OMNI Magazine will include a feature article on TMI by staff writer Murray Cox. Scheduled for May publication, the article will contain background information and an experiential perspective by Murray as well as a technical sidebar by Skip Atwater.

Virginia Magazine, Fall 1992. An article by Christine Andreae called "Phyllis A. Whitney—A Migrant Virginia Novelist" highlights the life and work of this prolific author who swears by the Concentration tape as an antidote for writer's block, and who lavishly praises Hemi-Sync in her interview.

Magazines (1993-4)

Dimensions, Vol. 1, No. 9, August 1993. "Face Your Dragons" by Lee Milteer chronicles how participation in the *GATEWAY VOYAGE* program enabled her finally to confront the personal dragons (fears) that were sabotaging her writing. This is an enthusiastic and clear overview of the benefits to be derived from Institute technology. *OMNI Magazine's* feature article on TMI by staff writer Murray Cox, with a technical sidebar by Skip Atwater, appears in the fall anniversary issue.

Magazines (1994-4)

Friends Review, Spring 1994. Reviewer Frances Maucelli-Klabunde touted *META-MUSIC ARTISTS Sleeping through the Rain* as "music [that] opens up your intellect to a whole new realm of hearing, feeling and thinking all at the same time." Readers were told to "share this with someone you care for."

Randolph-Macon Woman's College Alumnae Bulletin, Spring 1994. This version of "Stand Up and Live!" by Gari Carter included a poignant account of how a former Randolph-Macon roommate washed her dirty, bloody hair (a task that seemed secondary to hospital staff) before she went home from the hospital for the first time.

Spirit Quarterly, Summer (July-August) 1994. "The Ultimate Brain Game," by Ronald Russell, editor of *Using the Whole Brain*, put TMI and Hemi-Sync before the British readership in an exemplary fashion. "Explorer of Time and Space," an interview with Robert Monroe, was the other half of a special double feature, "Out-of-Body Experience Explored."

Magazines (1995-1)

EQUUS #205, November 1994, 17th Anniversary Issue. "Mood Music For Hyper Horses," synthesizing Dr. Helene Guttman's successful experimentation with Hemi-Sync as a calming influence on horses, appeared in the section.

Magazines (1995-2)

The New York Times Magazine, January 22, 1995, focused on Elisabeth Kübler-Ross, whose contribution was instrumental in creation of the *GOING HOME* tapes. "Rewriting the End," by Jonathan Rosen, is an overview of Elisabeth's work and emphasizes the changes in her perspective on death and dying.

Magazines (1995-3)

ESTEEM, The Self-Esteem Review, Vol. 2, February 1995, made Gari Carter the subject of "Portraits in Self-Esteem."

VERTICES, Duke University of Science, Technology, and Medicine, Vol. 11, No. 2, spring 1995, ran "Hemi-Sync and Altered Consciousness," by pre-med student and former TMI intern Stefan Kasian, as its special feature. Hemi-Sync was depicted as a 'binaural beat technology that allows people to exert greater control over their minds" and thereby attain numerous benefits.

Magazines (1995-4)

INTUITIONS: Nouvelles valeurs au quotidien, No. 29, Spring, 1995, published "Hors du corps, hors du temps" (Out-of-Body, Beyond Time). Writer Jean-Paul Lemaire described his TMI experiences powerfully and poetically for the French-speaking world in Europe and North America. Jean-Paul, who died shortly after this article appeared, closed with, "Il ne suffit pas d'entendre de la musique pour savoir danser. ... Serais-je en train d'apprendre a danser?" (Hearing music doesn't make me a dancer. ... Am I starting now to learn to dance?).

Magazines (1996-2)

Bit Maanblad voor de Paardenhouder, No. 8, November 1995, highlighted Helen Guttrnan's research on using METAMUSIC to calm horses. The Dutch equestrian publication ran the horse-wearing-a-Walkman® photo from Dr. Gutman's original article with background on Hemi-Sync and contact information for TML

In *Newsweek*, December 11, 1995, "Psychics and Spooks" by Gregory Vistica concentrated on the military intelligence applications of remote viewing. Vistica noted that Joseph McMoneagle received the Legion of Merit for "providing information on 150 targets that were unavailable from other sources." [See this issue of the *Hemi-Sync Journal* for Joe's full-length article.]

"The Vision Thing", by Douglas Waller, *Time*, December 11, 1995, focused on the intelligence applications of psychic perception while attempting to impugn its accuracy. Joe McMoneagle was identified "a Pentagon psychic from 1978 to 1984."

Magazines (1996-3)

SEDONA Journal of EMERGENCE!, February 1996, featured "Ecstatic Experience as a Direct Therapeutic Modality" by Timothy Green, PhD. Under the heading "Ecstasy, Science, and the

Brain,” Green called attention to Robert Monroe's work and noted that “when people using the system [Hemi-Sync] report transcendental experiences, there is a very clear pattern of increased activation of the right temporal cortex.”

Magazines (1996-4)

Newsweek's July 8, 1996, cover story, “Out There,” adopted the position that “. . . America is hooked on the paranormal. Written with sarcastic skepticism, this article by correspondents Adam Rogers and Trent Gegan gives the movie *Independence Day* and *The X-Files* television series top billing. TMI is called a “mecca for out-of-body research.”

Magazines (1997-1)

New Perspectives, August/ September 1996, devoted its “States of Consciousness” section to “Robert Monroe's Legacy” by John Francis. The felt his *GATEWAY VOYAGE* connected him with the place “miracles come from.” John, who has had severe chronic pain from accidents and broken bones since childhood, said, “What I did before was suffer. What I do now is listen to the Monroe tapes a lot.”

Outside, September 1996, touted *HUMAN-PLUS* tapes and the Institute's *In-Sync Sports* CDs in a sidebar on “Mental Training Wheels”—part of Mark Jannot's “Bodywork.” Jannot interviewed Nathaniel Zinsser, the sports psychologist in charge of the mental training center for the U.S. Military at West Point. In the personal letter accompanying a copy of the article, Zinsser thanked Skip Atwater for responding to his initial inquiry with scientific rationale and research data to support the use of Hemi-Sync” and concluded with “I hope my testimony will attract more athletes to your work.”

Magazines (1997-3)

“La Technologie Du Bonheur” (The Technology of Well-Being) appeared in the April 1997 issue of the French-Canadian publication *RESOURCES*. From an account of her personal Hemi-Sync experiences, author Denise Neveu segued to an in-depth interview with Professional Member Roger-Michel Poirer, MD. Dr. Poirer gave an overview of TMI's sound technology and its application in various therapeutic settings, as well as a description of his clinic's research plans.

SHAPE, April/May 1997, ran two information-filled paragraphs by Kathy Koontz under the heading “Brain training.” Kathy appealed to health and fitness buffs by spotlighting HemiSync as a way to improve sports performance and general physiological functioning and to boost creativity and intuition.

Newsletters (1997-3)

INSIGHTS for the evolving human spirit, the newsletter of Hampton Roads Publishing Company, January 1997, contained an eloquent tribute to J. Edwin Carter penned by Frank DeMarco. That issue also included current information on the second edition of Ed's book,

Living is Forever, and a special offer on the audio version of the book, and it noted renewed interest in movie rights.

Magazines (1997-4)

The *New Yorker*, April 18, 1997, ran two pages of journal excerpts by William S. Burroughs, recently deceased Beat generation poet and novelist. In the May 26, 1997, entry he includes a "seminar with Robert Monroe" as one of many paths he'd traveled in his "search for a final answer."

Magazines (1998-1)

Convergence, vol. 10, no. 4, fall 1997, featured "Out-of-My-Body: Adventures at the Monroe Institute" by Laurie Joy Pinkham. Lyrical descriptions Of Laurie JOY'S personal experiences are interspersed with practical background information on TMI and the residential programs.

New Jersey Monthly, September 1997, ran "Keeping the State's Population Healthy" by Amy H. Berger. TMI Professional Member Vincent C. Giampapa, MD, FACS, founder of the Plastic Surgery Center Internationale in Montclair, New Jersey, is quoted extensively. Dr. Giampapa's comments focus on the connection between hemispheric synchronization and relaxation and the related effects on key biomarkers of aging.

Magazines (1998-2)

The Polish magazine *Czwarty Wymiar*, no. 2, 1997, published "The Gate into Higher Consciousness" by Pawel Byczuk. Pawel and his mother, Grazyna, both members of our Professional Division, attended the *GATEWAY VOYAGE* in October, 1997. Pawel wrote of their personal experiences and provided background on TMI and Hemi-Sync.

Richard Heinberg's "*The Musical Mind*," Intuition, issue 20, February 1998, leaves no doubt that sound, especially music, is preeminent among holistic healing techniques. Heinberg devotes several paragraphs to binaural beats, Hemi-Sync, and the Institute under the caption "Sound Mind, Sound Body."

The French publication *Rectoverseau*, no. 84, December 1997, ran its second feature article by Professional Member Dominique De Backer, PhD. In "Programming Life: A New Therapy at the Crossroads of the Transpersonal and the Neurosciences," Dr. De Backer refers to the combination of Hemi-Sync and her original Synchrotherapy® method as "the royal road of access to the unconscious."

Hemi-Sync is making its first appearance in an on-line magazine! *Special Child Magazine* (<http://www.specialchild.com/>) is featuring excerpts from "Hemi-Sync and the Facilitation of Sensory Integration" by speech-language pathologist Suzanne Evans Morris, PhD.

This article first appeared in the HEMISYNC JOURNAL, vol. 8, no. 4, fall 1990.

Magazines (1998-3)

In "The Missing Piece of the Puzzle," *Avatar Journal*, vol. 12, no. 1, winter 1998, Avatar instructor Brenda Jones-Rafferty lists the *GATEWAY VOYAGE* as one of the "better" growth programs she explored in her search for ways to release sabotaging beliefs.

Magazines (1998-4)

Writer/researcher Martha Jedd canvased experts and drew on her personal astral travel experiences for "Where Do You Want to Go Today?" in the July 1998 issue of *FATE*. The scientific portion of Jedd's story was based on information gleaned from interviews with TMI Research Director F. Holmes (Skip) Atwater.

LIFE magazine, June 1998, featured "Psychics: Science or Seance? A Reporter Visits the Twilight Zone" by Kenneth Miller. In this eight-page special, Miller presented a coherent, balanced overview of parapsychological research and interviews with a cross section of luminaries in the field. He called attention to remote viewer Joseph McMoneagle's professional, "reserved" demeanor compared to the flamboyant, commercial stance of some practitioners.

Psychic World, summer 1998, published an in-depth "Interview with Joe McMoneagle, World-Class Remote Viewer." Interviewer Tom Csere did an excellent job of covering Joe's story from his 1970 near-death experience (and the awakening of his paranormal talents) to the present.

"Room with an Alien View, Part Two," by Michael Miley in *UFO Magazine and Phenomena Report*, vol. 13, no. 5, September 1998, drew heavily on the presentation by Skip Atwater at the Fifty-seventh Annual International UFO Congress Convention held in Laughlin, Nevada, February 5, 1998. The audience was very interested in Skip's inside information on Pat Price's 1972-1973 remote viewing of purported alien bases in the United States.

Magazines (1999-1)

Stephan A. Schwartz first visited The Monroe Institute twenty-three years ago. In "The Path of Sound," *Intuition*, issue 24, October 1998, Stephan told of his return as a *GATEWAY VOYAGE* participant. He deftly juxtaposed present-time observations and nostalgic reminiscences of Robert Monroe, concluding: "The *GATEWAY VOYAGE* is not really about OBEs. It is about learning an inner path based on sound."

Magazines (1999-2)

"Students Sleep through Class to Earn an 'A'" by Stefan J. Kasian, AB, appeared in the 1999 Annual National Edition of *College Bound Magazine*. Stefan described the Hemi-Sync module of Duke University's full-credit course on the Ethics of Consciousness Technology. Hemi-Sync was used as an introduction to "flow states," which optimize peak performance in school and sports. TMI's website address was provided.

En Grupo, no. 2, April/May/June 1998, a Spanish magazine covering advancements in child education, published “Hemi-Sync: Una sutil tecnología del sonido al servicio del aprendizaje escolar.” The five-page article consisted of an interview with Professional Member and workshop presenter Carol Sabick, statistics demonstrating that Hemi-Sync enhances memory and attention, specific tape recommendations, and contact information for the Institute.

Magazines (1999-3)

The April 1999 issue of the Canadian magazine *Lumière* devoted four pages—embellished with photos and graphics—to “La Syncrothérapie: Il suffit de se brancher.” That is, one has only to “plug in” to Hemi-Sync to access the lucid dreaming state which is the basis of professional member Dominique De Backer’s original and successful psychotherapeutic method.

Magazines (1999-4)

Pythia Peay’s article on dreaming, “A Bridge Between Worlds,” was featured in the July/August 1999 issue of *Common Boundary*. Ms. Peay quoted Jungian analyst and TMI Professional Member Sylvia Brinton Perera extensively. Sylvia coauthored *Dreams: A Portal to the Source* with Edward Christopher Whitmont.

Magazines (2000-1)

“Your Inner Doctor” by Maria Noel Mandile in *Natural Healing*, October 1999, told the story of accomplished medical intuitive Winter Robinson. The article noted that Robinson learned techniques for honing her psychic talents at a Monroe Institute residential program. Winter has been helping people for fourteen years and now spends most of her time teaching others to “tap into their own intuition” and “listen to what their own bodies are telling them.”

(TMI Focus, Vol. XXII, No. 2, Spring 2000)

Magazines (2000-3)

The May 2000 issue of *Hermes*, a Cyprus-based magazine with a circulation of 6,000, featured “Scientific Research on Psychic Phenomena” by Linda Leblanc, an accredited OUTREACH Trainer. The article described TMI’s methods of accessing altered states and covered Dr. Charles Tart’s seminal research on Robert Monroe’s OOBES.

Yasmina Boualem interviewed Patricia Martin, TMI Professional Member, psychotherapist, and medical anthropologist, for the April/May issue of *Les Mondes Paralleles*. Under the heading, “S’Epanouir naturellement avec les Etats modifiés de conscience,” Patricia defined expanded states of awareness and explained how she uses Hemi-Sync as an adjunct to therapy. A sidebar described the Hemi-Sync process.

Magazines (2000-4)

Innerchange, June/July 2000, included Lee Stone's laudatory review of METAMUSIC *Spirit's Journey*, which was composed and performed by Mark Certo. Stone noted that Certo was inspired by the Gnostic "Hymn of the Pearl," and that "the story became a personal myth to be discovered and explored musically," with each segment reflecting some phase of his own spiritual life's journey.

Magazines (2001-1)

Life Extension magazine's July 2000 "Profile" featured Sustaining Member Ed Thrall, who has combined supplements, diet, and exercise into a program resulting in "feeling what it is to be healthy for the first time." Hemi-Sync tapes form the core of Ed's daily meditation practice. The guitarist, singer, and songwriter says, "Listening to these tapes while I'm meditating has helped open up a whole new creative bent for me."

Magazines (2001-2)

"Altered States," by Katy Koontz, was featured in the January/February 2001 issue of *New Age*. Ms. Koontz skillfully interwove the story of Robert Monroe, Hemi-Sync, and The Monroe Institute with a description of her *GATEWAY VOYAGE* in quest of "a more direct, relatively static-free line to [her] Higher Self." Photos by Chris Hartlove enhanced the article, which included a sidebar on TMI's research activities.

Magazines (2001-4)

The winter 2001 issue of *Bosque y Playa*—an upscale Argentinean publication providing information on leisure activities, hotels, restaurants, and real estate—featured a full-page article by *OUTREACH* Trainer Nora E. Rosen that billed Hemi-Sync as "the technique that reveals the unlimited potential of the human mind."

Magazines (2002-4)

"Gateway to Other Worlds," a feature article by Michael Ross, appeared in the British magazine *Prediction*, volume 68, number 3, March 2002. Ross provided background on the Institute and HemiSync and gave details of his own *GATEWAY VOYAGE*. He ended by recommending that "anyone . . . give the Monroe Institute a try. Their intentions are, at the very least, thoroughly honorable. What more can we ask for in the days of countless spiritual paths, some of dubious authenticity and motivations?"

UFO, The Science & Phenomena Magazine, February/March 2002, showcased remote viewing luminaries past and present in "The 2001 Remote Viewing Conference" by Cassandra Frost. This excellent overview of remote viewing's beginnings and assessment of where it may be headed was replete with details on the STARGATE program, its developer, Lieutenant F. Holmes "Skip" Atwater, and Joseph McMoneagle, a.k.a. remote viewer 001.

Magazines (2003-1&2)

The first installment of a two-part interview with Skip Atwater appeared in the Australian magazine *New Dawn: Alternative News & Information*, number 74, September/October 2002. The five-page interview by Tony Mierzwicki delved into the nature of the astral senses and their relationship to remote viewing, Stargate, and out-of-body experiences. In the second installment (*New Dawn*, number

75, November/December 2002), Skip discussed out-of-body experiences in some detail as well as the nature of the Hemi-Sync technology and its ability to “open the door” to the astral plane.

Brian Dailey, MD, TMI Professional Division and Dolphin Energy Club (DEC) member, contributed a feature article to *Massage and Bodyworks*, volume XVII, number 5, October/November 2002. In “Energy Medicine: Subtle Therapies with Big Impact,” Dr. Dailey described his introduction to remote healing via the Dolphin Energy Club and told how he became involved with energetic healing. The bulk of the article was devoted to case studies in which complementary modalities, including Hemi-Sync, were employed as adjuncts to conventional treatment.

U.S. News & World Report, January 27, 2003, ran “Enemies in the mind's eye” by Marianne Szegedy-Maszak and Charles Fenyvesi. This excellent article revisited the Stargate remote viewing research program. Szegedy-Maszak and Fenyvesi began by describing one of Joe McMoneagle's remote viewing sessions in 1979 and touched on new details that have come to light following the CIA's release of “73,000 pages of previously classified records” in December 2002.

Magazines (2006-1&2)

“Death, Rebirth, & Everything in Between: A Scientific and Philosophical Exploration,” a three-part article on the common and enduring belief in reincarnation, appeared in *What Is Enlightenment?* issue 32, March-May 2006. The author, senior editor Carter Phipps, began by introducing a dramatic, confirmed case of a three-year-old boy's past-life memories. Phipps noted that accumulating data contributes “to a potential new science of survival, rebirth, and the nonphysical dimensions of existence.” “Part I: Is Reincarnation Real?” examined the history of this remarkably persistent belief and the current resurgence of interest. “Part II: Glimpses of the Beyond” focused on Phipps's visit to The Monroe Institute and discussed Bob Monroe's views as expressed in his trilogy, as well as considering similarities between Bob's OBEs and classic NDEs. The author spoke with TMI Research Director F. Holmes “Skip” Atwater about those topics as well as the “inter-life” before the next incarnation that has now been identified by some researchers and solicited Skip's opinions on the nature of nonphysical realms, nonverbal/telepathic communication, and navigating in the nonphysical word by intention. “Part III: Reincarnation 2.0” rounded out this exceptionally rich and informative article.

Magazines (2007-1&2)

Mysteries: Exploring Mysteries from Modern Times to Yesteryear, volume 5, number 1, issue 16, spring 2007, featured “Tripping the Astral Fantastic: The Mystery of Astral Projection” by Michelle Belanger. Ms. Belanger's excellent six-page overview includes several references to the work of Robert Monroe. She notes his initial out-of-body experiences in the 1950s, his reports of a “second, ethereal body” detaching from the physical body, and his realization that “in the projected state he interacted with the physical world much like a ghost. “

“Out-of-Body Healings: Disembodied Health Care,” by Preston Dennett, appeared in *FATE*®, volume 60, number 1, issue 681, January 2007. “There are a surprisingly large number of cases of out-of-body (OOB) healings on record,” Dennett maintains. He describes his own dramatic experience of OOB healing and seven other cases, including that of Robert Monroe himself and those of TMI authors Rosalind McKnight and Bruce Moen.